

U.S. Application No. 10/523,156 -- 2

**In the Specification:**

In the BRIEF DESCRIPTION OF THE DRAWINGS, replace the paragraph beginning on page 8, line 3 with the following amended paragraphs:

Figure 1a. ~~Two~~ An example[[s]] of the upslope component of the BFI as a function of previous level of accumulated BFI and exercise intensity.

Figure 1b. Another example of the upslope component of the BFI as a function of previous level of accumulated BFI and exercise intensity.